

CHINOOK PHARMACY

FORMALIN

Our supplies are now in. Call in and book the quantity you are likely to need. By doing this you will secure yourself in case of any shortage.

Our supply of Condition Powders and Veterinary Remedies is complete.

GOPHER POISON

The Councillors of the Municipalities of Sounding Creek and Coltholme have again favored us with their order for Gopher Poison.

It will be well for farmers to get their supplies early and use it early, remembering that Poison used directly gophers come out will do more good than ten times the quantity later on.

A GOPHER PROBLEM

Given one pair of Gophers three months old on 1st January, 1918. They breed and in three months produce three pairs, and every three months thereafter three pairs are produced. Each pair of young in their turn at six months of age produce three pairs, and three pairs every three months thereafter. In two years time how many gophers will there be if none have died or been killed in that period?

CHINOOK PHARMACY
ARM'S BLOCK, CHINOOK

HOUSE OF QUALITY

NOW is the time to buy your supply of Underwear, Sweaters, Hosiery, Mitts and Gloves for next Winter. You will reap big dividends by taking advantage of the present prices. Goods will cost considerably more in the near future, and an inferior quality at that.

We can supply all your needs in the line of

Family Groceries

H. C. Briggins

Breezelets

One day last week a hungry Woolfe sneaked in at the back door of the House at Edmonton and swiped the deputy-speakership from Johnny McColl.

MacColl-ed the bluff, but the jaws of the Woolfe had closed on the tit-bit earlier in the fight.

"Youngstown board of trade re-organized," says the Youngstown Plaindealer.

Doesn't "re-organized" sound familiar? The trouble with the boards of trade is—that they are everlastingly "re-organizing."

After the re-organizing stage, there usually follows a whirlwind of good resolutions and contemplated methods of bettering the town and "getting after" things and scarcely even before anything is accomplished—the gas is turned off—then in steps Rip Van Winkle.

After an eleven months' lapse Rip Van Winkle wakes up from his nap, and the "re-organization" period starts again.

Chinook is not one wit better than the rest of these small towns. Has Chinook got all that she requires? Is there nothing for a board of trade to do?

Show us a town with the board of trade a "live wire" and we will show you a live and prosperous town—and visa versa.

C. E. Tryon, business manager of the News-Telegram, has severed his connection with that paper to take up work in other lines.

Mr. Tryon is going to Tryon other work where there's better pay in it.

In the "peace" terms with the Huns Russia got—nothing, but practically

Loses her independence, one-fifth of her population, the most valuable and important part of her territory, and pays an indemnity of some \$2,000,000,000.

So much for the Bolshevik brand of government—"Peace at any price"—and at what a price!

It isn't stated the Bolsheviks' "price" for selling their country to Germany.

R.M. of Sounding Creek

Minutes of meeting held in Youngstown, March 2nd.
Present:—Councillors Farrow, Cameron, Fraser, Clapperton and Proctor.

Minutes of previous meeting confirmed.

Correspondence read.

Fraser, that Secretary be instructed to insert a notice in the Youngstown and Chinook papers to the effect that all applications for seed grain must be in the hands of the Secretary by March 20th.

Cameron, that this council is in favor of cutting out all hay troops from the operation of the Hail Insurance Act.

That the communication of W. A. Todd be referred to the Councillor for Div No. 1.

Cameron, that we order from Mr. Dunford 300 ozs. of strychnine and 150 packages of Kill-em-Quick; and from Mr. Ramage 250 packages of Kill-em-Quick, one half-ounce of strychnine to be distributed per quarter section and one \$1 package of Kill-em-Quick. Mr. Dunford to forward 175 ozs of strychnine to Youngstown for distribution. These orders to be telegraphed for immediate delivery.

Fraser, that the Dept. of Public Works be requested, through our local member, J. A. McColl, for a grant of not less than \$400 towards the grading of the slough between secs 15 and 16, in twp. 30 range 7, known as Neeb's slough, on the trunk road north Chinook.

Clapperton, that we request a grant from the Department of Public Works of \$500 towards the up-keep of the road running south to Youngstown in this Municipality.

Fraser, that the Department of Public Work be requested to survey a road diversion around south of sec. 26 31-7.

Following accounts were paid:

W. C. Robinson	11.15
Empire Lumber	21.50
W. Muni, News	52.68
Plaindealer	1.05
B. Weber	15.70
R. C. Fraser	39.60
D. B. Steen	14.00
R. W. Wright	63.35
E. A. Proctor	6.75
R. C. Fraser	39.95
R. N. Mangies	150.00
	200.00
R. Witt	4.70
W. Muni News	6.00

Fraser, that an appropriation of \$300 be made for road work in each division.

Adjourned to meet at Youngstown on March 21st.

Chinook's First Spiel

This week the Chinook Curling Club are holding their first annual spiel. Owing to so many new curlers it was thought advisable to hold it open to only local players. Many "green" curlers are now in the game, and judging by the enthusiasm they are displaying they are having a great time, and will make permanent members of the club. A number of valuable prizes have been collected and they are on display at J. R. Miller's store. The following are the prizes:

Grand Challenge—

1 Four sterling silver pickle forks value \$10.00.

2 Four hand-painted vases. Value \$10.00.

Club Competition—

1 Four flashlights, complete. Value \$10.00.

2 Four hand-painted teapots.

Consolation—

1 Four china trays. Value \$8.00.

2 Four sets cups and saucers. Value \$5.00.

3 Four beautiful pipes. Value \$5.00.

4 Four vegetable graters. Value \$4.00.

The following are curlers:

Kerry, Bird, Elliott, Carpenter

skip

Boyer, Bray, Milligan, Miller

skip

Switzer, Peck, Marcy, Chapman

skip

Dunford, Yake, Isbister, Dell

skip

Key, Engler, Bates, Deman, skip

Deman, Russell, Nelson, Stephen

son skip

Smith, Sandman, Peck, Smith

skip

Madden, Gibson, Keane, Mc-

Kenzie skip

Dobson Woodruff, Oxley, Rennie

skip

Martin, Reynolds, Wilson, Whit-

lock skip

NOTES

Smith's rink of boys are going

strong, and they show a good

chance of coping off some of

the jewelry, and sure can show

the elevator bunch (Pat McKenzie's aggregation) some of the

fine points of curling.

The Red Cross are serving

lunch in the evenings, and the

good hot coffee and sandwiches

are appreciated.

A stranger in town on Monday

afternoon remarked that Chinook

had some of the most respectable

street sweepers she had ever seen

in a town of this size. However

everyone carries a broom, and

good fellowship and friendly

competition and joshing keeps

everybody happy.

As yet Chapman, Miller and

Dell have not been defeated.

In addition to the splendid

prizes selected Mr. Rennie has

offered four silver deposit card

trays as special prize for grand

aggregate; Mr. Woodruff has

donated a Zenith saw for first in

points; and J. R. Miller has

added a dozen cakes of French

toilet soap as second; while Pat

McKenzie has offered 4 special

prizes to the rink that goes thru

Red Cross Notes

CHINOOK

The monthly Red Cross sewing meetings will be held in the Chinook church on Tuesday, Wednesday, Thursday, Friday, March 19th, 20th, 21st and 22nd, from 2 to 5 in the afternoon. All ladies are invited. Red Cross tea served on Thursday afternoon.

LAUGHLIN

Red Cross workers met at the home of Mrs. Gingles on Saturday afternoon, March 9th. The next meeting will be held at the home of Mrs. R. Stewart on Saturday afternoon, March 16th, and on Saturday afternoon, the 23rd, the meeting will be held at the home of Mrs. Massey. The Red Cross work is progressing rapidly and a second supply of material has been ordered.

An entertainment and box social, under the auspices of the Laughlin Red Cross Society, will be held in the Laughlin schoolhouse, on Thursday evening, March 28th. The young people of the district are getting up a humorous play, entitled, "From Pumpkin Ridge," and a good time is expected.

The kaiser not only wants the whole earth, but a place in the sun.

The spiel without winning a game. The president of the club thinks Pat wants to win this event himself, so the prize should be good. In addition to the many prizes there are very valuable cups. This is an annual affair and the skips winning the cups will have to be bonded for the safe return of the cups for next year's spiel.

The committee who selected the cups and prizes are to be congratulated on their selection as the prizes and cups compare very favorably with those even in Calgary and Kindersley spiels.

The complete results of the draws will be given in next week's issue. In the meantime, everybody curls.

The finals of the K.P. competition was played last Saturday night, and there was a large crowd of spectators present. This competition was for a beautiful cup donated to the Chinook curling club by the Knights of Pythias Lodge for annual competition. The Deman's and Oxley rinks met on Saturday night in the finals, and some beautiful curling resulted, Oxley winning out with his last rock, Messrs. Dawson, Bird and Carpenter supported Mr. Oxley. It was the most friendly and peaceable game yet played on the ice. Mr. Peck and Mr. Milligan deserve great credit for the way they handled the crowd.

Take Notice

I have opened a Watch, Clock and Jewelry Repair Shop
In Banner Hardware Store

I am prepared to do all kinds of Repairing
EYES TESTED AND GLASSES FITTED

M. E. BATES

Jeweler and Optician

Under New Management

Chinook Livery and Feed Barn

First-class Teams and Cutters.

The best of Hay ALWAYS

Drying in connection

Our Motto—"Service"

Give us a call

R. D. VANHOOK, Prop'r



J.M. DAVIS

PROVINCIAL AUCTIONEER

Is prepared to conduct all kinds of
Auction Sales. Terms moderate

CHINOOK. Dates can be made at this office

P. BATSON

Provincial Auctioneer
of Delta, Alta.

COMING SALES

ED. RUSSELL

Sec. 5-29-7 W. 4, 1 mile west Chinook
15 Head of Horses, 41 Head Cattle,
Including a 3-year-old Registered
Shorthorn Bull; Hogs, Chickens,
Turkeys, Farm Machinery, House-
hold Goods.

WEDNESDAY, MARCH 26.

Sale at 11 a.m. Lunch at noon

A. TRUEBLOOD

"A" Dobson's Livery Barn, Chinook

10 Head of Horses—Mares and
Geldings—

SAURDAY, MARCH 16.

Sale at 1 p.m.

Wm. E. Briggs

Auctioneer, Sedalia

LIST OF SALES

Sec. 10-29-7 W. 4, 1 mile west Chinook

10 Head of Horses—Mares and
Geldings—

SAURDAY, MARCH 16.

Sale at 1 p.m.

Wanted to Rent Farm

100 to 150 acres, with town

water. State what land is under cul-

tivation and what ready for crop.

Full particulars in this paper.

100 to 150 acres, with town

water. State what land is under cul-

tivation and what ready for crop.

Full particulars in this paper.

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Full particulars in this paper.

Graduated War Tax on Incomes

If the income war tax law, about to be applied, did nothing more than cause a national stock-taking, it would serve a most useful purpose.

The taking of an inventory of one's resources invariably induces a desire to save and a desire to save when translated, as it very frequently is, into a determination to save, means getting on with the war, as well as happiness all around. This process; first an inventory of one's resources, then a desire to save, applied to every unmarried person or widow and widower without dependent children, receiving an income of \$1,500 and over, and to all persons receiving an income of \$3,000 and over, will unquestionably result in a large proportion of cases in a determination to save. And that means more general prosperity and renewed national strength.

But a national stock-taking is only incidental, of course, to the chief purpose of the income war tax, revenue for the prosecution of the war in as equitable manner as possible. The tax is to be graduated, according to one's ability to pay. Those who are in receipt of only a living wage or salary will not be called upon to pay; those enjoying the highest incomes will be called upon to pay the greatest amounts, and the great body of income receivers between, will be called upon to pay in their due proportion.

Moreover, the purpose of the act is to distribute the burden equitably among all classes. By way of illustration, the farmer will be required to add to the value of the home-grown products which his own family consumes. This places the farmer on a plane with salaried man, the value of whose services is wholly represented in the income received and against which he must charge all his living expenses.

Canada has established a war record that is the envy of the world. It is certain that the Canadian people will run true to form in answer to this latest call of their war government.

We will believe that spring is on the way when we see the small boys playing marbles in the streets.

Seed Potatoes

Place orders early. Irish Cobbler and Up-to-Dates. \$2.75 per 90 pound bag F.O.B. here. One dollar deposit required on all orders.

A. W. LYSTER,
Youngstown, Alta.

R. M. of Colholme, No. 243

THREE ROAD FOREMEN WANTED

One for the East, one for the West and one for the Centre Divisions of the Municipality, wages \$6.00 per day. Each outfit to use a cook-car and a bunk-car as in 1917. Apply to the Secretary, or to any one of the Councilors, before March 23rd, the date of next meeting.

LORE PROUDFOOT, Sec.
R.M. of Colholme, No. 243

KNIGHTS OF PYTHIAS

CHINOOK LODGE, No. 40, meets on the First and Third Thursdays of every month in their Castle Hall, Arm's Block, Chinook.

Visiting members are cordially invited to a tent.

E. R. Dell, C.C.
C. E. Neff, K.R. & S.

Chinook Lodge, No. 113,

meets every Monday at 8:00 p. m.

in Arms' Block, Chinook. Visiting

members are cordially invited.

R. N. Bray, N.G.

Finlay McKensie, R. S.

CHAPMAN & VENNARD

Chinook, Alta.

GENERAL DRAYING

All orders promptly attended

Office: Opp. Crown Lumber

yard

E. W. ROYER

LICENSED DRAYMAN

All kinds of Draying promptly

attended to.

Office: Opp. Crown Lumber

yard

Wanted to Rent Farm

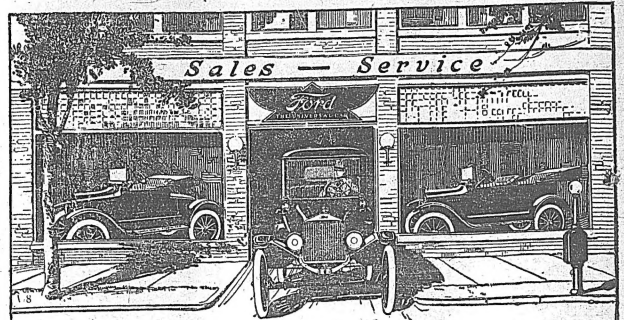
100 to 150 acres, with town

water. State what land is under cul-

tivation and what ready for crop.

Full particulars in this paper.

100 to 150 acres, with town



Complete Service to Ford Owners Everywhere

COURTEOUS attention to your needs wherever you may travel is something you appreciate, and being a Ford owner you can get it. You are always "among friends".

There are more than 700 Ford Dealer Service Stations throughout Canada. These are always within easy reach of Ford owners—for gasoline, oil, tires, repairs, accessories, expert advice or motor adjustments.

The cost of Ford Service is as remarkably low as the cost of the car itself. Nineteen of the most called for parts cost only \$5.40. Just compare this with the cost of spare parts for other cars and you will realize the advantage of owning a Ford.

Ford
THE UNIVERSAL CAR

Touring - \$595
Runabout - \$575
Coupe - \$770
Sedan - \$970
Chassis - \$535
One-ton Truck - \$750

F. O. B. FORD, ONT.

G. T. Oxley, Dealer, Chinook



Income Tax Forms Are now available

Returns must be filed on or before 31st March

THE Dominion Income War Tax Act requires you to fill in one or more of the five special Forms provided before 31st March, 1918. In order to assist the public to understand just what is required of them, information on each Form is given below. Read carefully, then get three copies of the form that fits your case and fill them in. Answer all questions fully and accurately. For making false statements, a penalty of \$10,000 or six months' imprisonment, or both, is provided.

Individuals.—All persons unmarried, and all widows or widowers without dependent children, whose income is \$1500 a year or more, must fill in Form T1. All other persons whose income is \$3000 or more, use the same Form. Where any income is derived from dividends, list amounts received from Canadian and Foreign securities separately. Fill in pages 1, 2 and 3 only. Do not mark on page 4. Partnerships, as such need not file returns, but the individuals forming the partnerships must.

Corporations and Joint Stock Companies.—no matter how created or organized, shall pay the normal tax on income exceeding \$3000. Use Form T2, filling particulars of income. Also attach a financial statement. Under Deductions, show in detail amounts paid to Patriotic Fund and Canadian Red Cross or other approved War Funds.

Trustees, Executors, Administrators of Estates and Assignees use Form T3. Full particulars of the distribution of income from all estates handled must be shown as well as details of amounts distributed. A separate Form must be filled in for each estate.

Employers must use Form T4 to give names and amounts of salaries, bonuses, commissions and other remuneration paid to all employees during 1917 where such remuneration amounted in the aggregate to \$1000 or over.

Corporation Lists of Shareholders.—On Form T5 corporations shall give a statement of all bonuses, and dividends paid to Shareholders residing in Canada during 1917 stating to whom paid, and the amounts.

Figures in every case are to cover 1917 income—all Forms must be filed by 31st March. For neglect, a fine of \$100 for each day of default may be imposed.

In the case of Forms T1 and T2, keep one copy of the filled in Form and file the other two with the Inspector of Taxation for your District. In the case of T3, T4 and T5, keep one copy and file the other two, with the Commissioner of Taxation, Dept. of Finance, Ottawa.

Forms may be obtained from the District Inspectors of Taxation and from the Post-masters at all leading centres.

Postage must be paid on all letters and documents forwarded by mail to Inspector of Taxation.

Department of Finance,
Ottawa, Canada

Inspector of Taxation, Thoburn Allan, Customs Buildings, Calgary, Alta.

ROBT. URE, M.A., LL.B.

(Glasgow and Edinburgh)

Barrister - Solicitor - Notary

Collections a Specialty.

YOUNGSTOWN, ALBERTA.

Office: Main Street, next Dominion

Lands Office.

Griffiths & Co.

Office next Postoffice

Money to loan at lowest rates

Barristers, Solicitors, Notaries,

CONVEYANCERS, ETC.

YOUNGSTOWN, ALBERTA

Lasher & Gillman, Limited

FARM AND RANCH LANDS

YOUNGSTOWN, ALTA.

We have prospects every week who

are wanting land, and some prefer

the Chinook district. We want list-

ings of good farms and can sell them

for a good price, if the terms are

right. Let us know if you want to

sell, and we will be glad to mail list-

ings of farms on request.

Jos. Deman, Chinook representative

Carmen's Messenger

—BY—
HAROLD BIRDLOSS

WARD, LOCK & CO., LIMITED
Lester, McEwen, and Tait

(Continued.)

By and by he went to the smoking room and lighting a cigarette, he thought over what Carmen had said to him. At first she had seemed anxious to find out something about Featherstone, but now what he was surprised by. Carmen liked to know as much as possible about everybody she met, and used her knowledge cleverly when it was to her advantage. The other matter was more puzzling and he wondered why she wanted to send a pocket secretly to a man as old as her father. It might, of course, be a caprice, because girls were fond of mystery, but as a rule, Carmen had a practical object for what she did. She had stated that she had friends in England, and this might mean that she had a lover. Perhaps she had exaggerated his age, and in any case, Foster thought it would not be a great drawback if the man were powerful and rich. Carmen was better ambitious than romantic.

Her plans, however, were not his business, and he felt no jealousy. He liked Carmen and had some respect for her abilities, but thought he would sooner not marry her even if she were willing, which was most improbable. Since he had promised to take the packet, he would do so and say nothing about the matter.

He left the hall early, and driving home found his partner sitting by the stove.

"Was Daisy at the reunion?" Featherstone asked.

Foster said he was there, and Featherstone resumed thoughtfully: "It's curious he hasn't come to the ball yet, but if he doesn't turn up before Thursday, he'll be too late. I'll be ready to start with you by the afternoon train, and as there's no use in spoiling a good plan for a few dollars, I'll buy a ticket and check my baggage to Ottawa. Then I'll get off at Stretton Creek, where I won't have long to wait if the west-bound train's on time. You can express my things on from Ottawa. The Montreal express stops about an hour."

"That ought to throw Daisy off the track," Foster said, and they talked about something else.

IV.

The First Adventure

It was about ten o'clock at night that the Montreal express sped through the lonely forests of North Ontario. The train was light, for there were few passengers on board and the road was by no means good, but in spite of the jolting Foster enjoyed his cigarette in a corner of the smoking compartment at the end of a car. A colored porter had told him his berth in the sleeper was ready, Featherstone had left the train, and most of the passengers were already in bed, but Foster did not want to follow just yet. For a time he had done with business, and was on his way to England. He relished the unusual sense of freedom.

A half moon shone down upon the rugged wilderness, and he could see the black pines rush past. The cars lurched and he heard the great locomotive snort on the inclines. Now and then there was a roar as they sped across a bridge, and water glistened among the rocks below; afterwards the roar sank into a steady clatter and a soothing throb of wheels. The car was warm, and Foster, who had given the porter his overcoat, was lighting another cigarette when a man came in and sat down opposite to him, looking hard at Foster, who quietly returned his gaze. The man was about his own height but some years older, and his expression was disturbed.

Foster felt interested. He had faced danger in the northern wilderness, where he had risked money and travelled on frozen rivers when the ice was breaking up. Besides he had once or twice been involved in savage fights about disputed mining claims, and knew how men looked when they bore a heavy strain. He thought the stranger was afraid but was not a coward.

"You're going to Ottawa, aren't you?" he heard you talking to your friend," said the man.

"I'm going to Montreal, but don't see what that has to do with you."

The other made a sign of impatience.

"Well, I dare say you can be trusted, and I've got to take a risk."

"It is a risk to trust a man you don't know," Foster rejoined. "But how can I help?"

"I want you to put on my coat and cap and stay here reading the Witness, for about ten minutes."

"Holding the newspaper?" front of my face, I said. "Well, it's rather an unusual request and I must know a little more. If there's a detective on the trail and you expect me to hold his attention while you hide or try to jump off the train, I must refuse."

The stranger smiled. "I've wired for the police to meet me at Ottawa; the trouble is that I mayn't get

there. Time won't allow of a long explanation, but there are men on board who stop at nothing to prevent my arrival. In fact, to some extent, I'm putting my life in your hands."

Foster looked at him, surprised. He had not expected an adventure of this kind on a Canadian Pacific train, but did not think the other was exaggerating.

"How many men?" he asked.

"I've seen one, but know there are more."

"Then why not tell the conductor and have the train searched?" It wouldn't work. I might find one enemy, but I'd warn the others that I was on my guard, and to let them think I suspect no danger is the best chance I have. The conductor's making his way up the train and I'm going to see if he can get into the express car. It's the only safe place; the clerks are armed. Well, my business is lawful and in the public interest and I take your word for it."

Foster saw that he must decide quickly. Somehow he did not doubt the man, who kept his eyes on the door as if he expected somebody to come in. Moreover, he expected to be met by the police at Ottawa.

"It looks as if I'd take my risk when I put on your coat," he said.

"The porter's sweeping up the car, and if you keep the door open, he'll see you. I can't get into the express car, I'll come back. Give me ten minutes, and if I don't turn up, you'll feel uneasy, take off the coat and put the newspaper down."

"Try while I wait," Foster said. "Perhaps I had better take my hat."

The stranger gave him his heavy fur coat. "I'll ask you for it at Ottawa. You're going to Montreal. What's your name?"

Foster told him and he resumed: "Then, if you don't see me stop at the Windsor, where I can telegraph in a day or two. You'll be repaid for any good luck or inconvenience. Well, good night. Thank you."

"Good luck!" said Foster, who sat down and opened the Witness.

Now he was alone, he began to wonder if he had been imposed upon.

The man, however, did not look like a criminal; though alarmed, he had an air of quiet authority. In a case like this, Foster decided, he should think himself in danger. Violence was not common in Canada, but carrying weapons was prohibited and Foster had never heard of any sensational crime on the big express. Still he thought the man was not to be afraid without good cause.

(To Be Continued.)

War and Food

No. 7—CANDY

Candy is a luxury rather than a necessity of life, but it is a luxury that has received such indulgence on this continent that it has become one of the food problems of the hour. It is not that candy is needed overseas in any great quantities but the sugar that goes into the manufacture of candy is.

Every Canadian who continues to indulge freely in the use of candy which he knows to be made from cane sugar should be filled with reproach, for he is simply depriving people who are already hungry, of the sugar which they need to keep up their strength and give them energy to fight and work.

Sugar in moderate quantities is absolutely necessary to keep the spark of life burning in the human frame. It furnishes heat and energy. It is necessary for the men who are fighting in the front lines, and it is even more necessary for that portion of the civilian population in Europe which is now in actual want.

In England and France it is served in restaurants in tiny packages. A little pitcher of syrup is frequently substituted entirely for sugar. Candy is a thing of the past. Yet we in Canada and the United States go on in our reckless use of sweets and confections while people in Europe suffer for lack of the amount of sugar that is necessary for their physical well-being. The money spent for candy in the United States and Canada in the past year is double the amount of money needed to keep Belgium supplied with food for a year.

There is no necessity for giving up the use of candy altogether, but there is a crying need for a radical change in the varieties manufactured. Chocolate is the best kind to buy at present and there are many varieties of candy which might be made by the skilful combination of fruits, nuts, etc. Children should be taught to discriminate in the kind of sweets they buy. The varieties usually sold at the village store are apt to be "sugar candy" in the worst sense of the word.

Fully 25 per cent. of the sugar refined in Canada goes toward the manufacture of sweets, confectionery, biscuits and other luxuries. If France's 1.1 pounds of sugar a month is to be maintained—if England is still to have its 2 pounds a month for each person, Canada must reduce her present per capita consumption of 7 pounds a month.

Mr. Hoover's message to the United States might equally well be applied to Canada. He says: "Statements that there have been, or will be, ample supplies of sugar available for the wrong and opposed to every fact in the situation. . . . It is our stern duty to feed the Allies, to maintain their health and strength at any cost to ourselves. There has not been, nor will be, as we see it, enough sugar for even their present needs and depressing rates which they send ships to remote markets for. . . . If, however, the American public will diminish their consumption by ten per cent. to fifteen per cent., or if the Cuban crops are larger than we anticipated, the disaster of transport necessity can be averted."

What Women Want to Know

Some Queries and Answers Regarding Conservation of Food

Mary. You don't have to give up all idea of making marmalade but have you heard anything about the sugarless breakfast marmalade?

This is the season for making this preserve why not give them a trial? Let the fruits supply the sugar. Take one cup of ground seeded prunes and one cup chopped apples and one cup water. Cook until thickened. A little lemon juice and ground nut gives an agreeable flavoring. Cooked dried fruit, such as apricots, pears, peaches or prunes may be used in combination with the ground raisins in any proportion desired and three fruits may be combined—such as apricots, apples and raisins. Canned added to the marmalades makes a simple fruit jelly to serve with cold meat.

Prune-apple butter is a simple preserve and very wholesome. Wash one pound prunes and one-half pound apricots; soak over night; stew until very soft in same water. Rub through colander, return to sauce pan and cook slowly until thick, being careful that it does not burn.

Don't add sugar. Try Scotch orange marmalade, too. It is excellent.

To your young girls (nubly) add two pounds of honey and cook to a thick marmalade.

Mrs. Thrifty. Whatever you do, Mrs. Thrifty, don't let your children waste one scrap of bread. Impress upon them that they must not throw away crusts when having their lunch at school. Tell them what it means in such a simple way that they will realize that they must help.

A slice of bread measures approximately three inches by two and a half and its thickness is half an inch. It is wasted once a day by 8,000,000 people in Canada. If all the slices wasted in one week were collected, they would amount to 1,750 tons of good bread—wasted—over seventeen shiploads per annum by the people of Canada. It is a serious responsibility when you look at it in this light. Everyone should be eating more judiciously now; most people could get along very well with less than they are accustomed to.

Teach your children to clean their plates, to chew well, to give up sugar candy and to waste nothing. If they feel that they are helping the soldiers they will take pride in their small sacrifices.

Mrs. R. S. A. Your question as to whether England and we are on war rations is answered in a recent statement made by Baron Rhondia.

The following are his words: "The food position in this country, and I understand in France also, can without exaggeration be described as critical and anxious, and is even more so if we avoid compulsory regulation. I fear it will have to come with long queues of people waiting in the snow, and weather in practically every

Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food.

It is not how much you eat, but how much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogen before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

town in England for daily necessities of life." There is no mistaking that message, is there, Mrs. R.S.A? When you ask if the same will apply to Canada you are putting a pretty big question. Certainly this country will have to speed up her production of substitutes if this is to be avoided and a heavy responsibility to do our utmost, whether on the farm or in city cultivation, rests upon all of us.

The Housewife. "What can I do to help?" you ask. Listen to what the food controller says: "If you are a housewife, you can study the situation insofar as it affects your own home. You can economize in the use of wheat, beef, bacon, sugar and fats, and use substitutes for wheat and meat. You can take a greater interest in your marketing. You can encourage the men folk to cultivate and to do their utmost in any campaign for increased food production." And to the farmer in particular he says: "You can put all your effort into the vital work of production. The demands on you are great and you have your difficulties make them known to business men and others in your locality so that they will feel their responsibility and jointly you can work for greater production. Get in touch with your provincial and Dominion departments of agriculture. Make the best use of the information and experience of others. Plan well ahead."

Betty Brown. "If you live on the farm and want to do something really useful this year why not go for poultry-raising, gardening or even keeping a pig? Perhaps the latter idea doesn't appeal to you much but you certainly cannot do

anything more useful. Numbers of women have found poultry-raising pleasurable and profitable. And of course, as many of the women who grows potatoes and other vegetables is doing invaluable work in this time of necessity.

Improvements in Egg Production

A Few Poor Birds Greatly Reduce the Average of the Good Ones

The efforts of the poultrymen in managing the laying flock should not only be confined upon present production, but upon means and methods of increasing future production. Improvements in this line necessitate a close study of the individual, for it is the individual which makes the average, and a few poor birds greatly reduce the average of the good ones. In a flock of 100 hens it will be found that on the average 10 to 30 per cent. rarely lay an egg during the profitable months of the year, and another small percentage may be barren, while the remainder are fairly good layers. The only way is to weed out the poor layers and keep only the best. It often pays better to take one hundred hens out of a flock of one hundred and fifty, after which, with less labor, one can get nearly as many eggs and a much more profitable yield per bird.

Where the selection is not made, the poor birds are fed at the expense of the better ones. Improvement can come largely through the union of two factors: (1) Rigid selection at the end of the pullet year, and the mating of a breeding pen from the best birds. (2) By producing relatively early hatches and selecting rigidly throughout the season, keeping only the best youngsters for future production.

How to Avoid a Cold

The idea is to make every muscle of the body tense. The hands can be kept straight at the sides, with the muscles perfectly rigid. Every muscle of the body should be rigid, and in that condition you will soon find that you are breathing hard. When deep breaths are taken the whole circulation is stimulated. It is possible to sit still, and at the same time have the muscles working as hard as though one were running to catch a train.

If we would remember these hints when we feel a chill or a draft we have the word of our physician that we need not fear a cold. —Regina Leader.

"Stonevall" Jackson was not a man to speak ill of another man without reason. At a council of generals early in the war, one of them remarked that Major Smith was wounded, and would be unable to perform a certain duty.

"Wounded!" said Jackson. "If that is so it must have been by an accidental discharge of his duty!" —The Southern Bivouac.



AutoStrop SAFETY RAZOR

On Time

In the army everything must be done on schedule. You can save time and appear on parade looking smarter if you have shaved with an AutoStrop Safety Razor. Its smooth shaving qualities are such that no rough places are left nor there any after-shaving unpleasantness.

The only razor that sharpens its own blades automatically.

Guaranteed to Satisfy

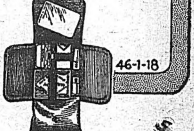
Complete Outfit

\$5.00

AT ALL STORES

AutoStrop Safety Razor Co., Limited

63-67 Duke St., Toronto, Ont.



46-1-18

Rector's Sack of Sugar

At Saxmumham petty sessions, in England, Rev. George William Daubney, rector of Knott, Suffolk, was charged with being in possession of a sack of sugar contrary to the food control order.

Defendant's motor car broke down and it was found to contain a sack of sugar obtained from a local grocer. Defendant, who pleaded that he was unaware of the control order, was fined \$15 and costs. The local grocer was fined \$25 for supplying the sugar.

Appleford's Sani-Wrappers Use Sani-Wrappers It Pays

Your customers will appreciate your care and cleanliness as your parcel their purchases of meats, butter, bread and vegetables in Appleford's Sani-Wrappers.

Particular trade goes to the store that is careful of the details of cleanliness and appearance.

Ask your Jobber for Appleford's Sani-Wrappers, or write us direct for samples and prices.

Appleford Counter Check Book Co., Limited
HAMILTON, CANADA

OFFICES AND WAREHOUSES AT TORONTO, MONTREAL, WINNIPEG AND VANCOUVER

MURINE Granulated Eyelids
Sore Eyes, Eyes inflamed by
colds, itching, itchy, itchy, itchy,
relieved by Murine. Try it in
your eyes and you'll be glad to
see it. It's the only eye remedy
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Miller's Store News.

Efficient Service and courteous attention are one of the outstanding features of this Store's Service—a Stock that includes everything to Eat and Wear, at prices that compare well with the city prices.

This year we aim to make our Ladies' Department an interesting section for the Selection of Styledoms most up-to-the-minute creations.

For the opening of the Seeding Season the men will find it truly worth their while to examine our lines of Overalls, Pants, Gloves, Shirts, Shoes, etc.—they're all above "par" in value giving.

Groceries, Fruits, Vegetables,
Crockery

"The Home of Good Things."

Yours truly,

J. R. MILLER

Are You Ready for Spring work?

We are prepared to supply your needs in

Bolts and Nuts	Chains	Harness
Iron and Steel	Wrenches	Collars
Mowers	Picks	Lines
Forges	Shovels	Snaps, &c

Neatsfoot Oil for your Harness. 60c gallon.
\$1.75 gallon, \$1.35 gallon in bulk.

"Service" and "Quality Goods"

5 per cent. discount for cash



COAL! HARD LUMP and NUT COAL

We are agents for the celebrated

Midland Coal Co., Drumheller

None Better. Give it a trial

I. W. Deman, Chinook

Don't Wait for Some of Your Stock to be Killed

Insure them with me

Cheapest Insurance to be got here. Note or cash premiums.

If you require a Loan, call on me.

Are you figuring on selling your Farm, if so, see

M. J. Hewitt

Notary Public.

New Harness Shop!

I wish to inform the inhabitants of Chinook and the surrounding country, that I have purchased the stock of Mr. W. R. Hawkshaw, to which I have added a new and complete stock of

Harness, Collars, Sweat Pads, Whips, &c., &c.

Our aim will be to give you the best goods at right prices. We are at your service

Call in and get acquainted

Owing to Spring being so close at hand it will well to

Get your Repair Work Done before the rush comes on

W. FARQUHARSON,

Old Massey-Harris Building
Opposite the Hotel

Chinook

THE CHINOOK ADVANCE

Published every Thursday at
Chinook, Alta.
Subscription: \$1.00 per year, in advance; to the United States and Old Country, \$1.50

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Lost, Strayed, or Stolen Advs. 50 cents first insertion, 25 cents each subsequent insertion.

Special Notices in the local columns 10 cents per line each insertion.
A. NICHOLSON,
Editor and Proprietor

Chinook Breezes

Mr. A. E. Fitzgerald returned to Chinook last week.

Let's see! Where have we heard "Measles" before?

Mrs. Mitchell of Cappon is visiting her daughter, Mrs. J. W. Yake.

R. C. service in the hall at the hotel on Saturday, March 30th. Mass at 10 a.m. Rev. Father Bowlen.

Mr. W. W. Isbister is building an addition to his blacksmith shop, to make room for his new power trip hammer and engine.

Mr. Oliver Knight has donated an Edison gramophone and some 50 records to be sold for the Red Cross fund.

Pte. S. W. Smith of Youngstown was among the last batch of veterans to arrive home from overseas.

W. A. Todd is shipping four very fine Registered Shorthorn bulls to the registered cattle exhibition and sale at Calgary next week.

The results of the drawing for the registered sow, donated by Mr. and Mrs. Ed. Russell for the Red Cross fund, will be published in the Advance March 28th.

Mrs. Bertie Dobson, who went through an operation for goitre at the Rochester hospital, Minn., the early part of the winter, and who since then has been visiting friends and relatives in the States returned to Chinook last Saturday, looking well.

Oyen's new \$12,000 school building went up in smoke early on Monday, after having been used only three days. Origin of the fire is unknown, but it is supposed to have been connected with the "hot-air" apparatus.

Mr. Clarke Fraser, who went to Ottawa to interview the government in the interest of the farmers along the survey of the G.T.P. route from Loversna, returned home last week, with the assurance that the steel will be laid for 36 miles west of Loversna. This would bring the road to within a few rods of the northeast corner of township 31 rge 7.

Van Drivers Wanted

By Chinook C. S. D.—One for West Route and one for Short-McIntosh Route, to begin April 1st and continue to end of year. Tenders will be received by Sec.-Treas. or by any one of the Trustees, up to Saturday, March 23rd.

LORNE PROODFOOT,
Sec.-Treas.

Gopher Poison

Arrangements have been made with O. F. Dunford of Chinook and H. E. Ramage of Youngstown, to supply Gopher Poison to the ratepayers of the R. M. of Collholme. The whole cost of the poison is to be paid by the Municipality this year.

LORNE PROODFOOT,
Sec.-Treas.

The Laughlin branch of the Red Cross Society will meet at home of Mrs. Richard Stewart on Saturday afternoon, March 16th. All interested are cordially invited. Red Cross tea served

Red Cross teas will be held at the homes of:
March 21st—at the Church
" 28th—Mrs. A. Nicholson
April 4th—Mrs. C. W. Rideout

DR. A. T. SPANKIE
M.D., C.M.

Eye, Nose, Ear and Throat Specialist

OFFICE:

Suite 121-122, New P. Burns Bldg.
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Interns and House Surgeon Manitoba Eye, Ear, Nose and Throat Hospital, New York. City 1911-1914
Specialist to Calgary School Board

For Sale

8-16 I.H.C. Mogul Pull Engine new
John Goodison 20x34 Separator
(complete)
P. & O. 2-furrow Engine Plow new
All in first class shape

Will Sell for \$1400

Apply to R. A. Thompson, or M. J. Hewitt, Chinook

FOR SALE

80 HEAD OF CATTLE
only 3 head over 4 years
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Applications for Seed Grain must reach the Secretary of the Council for your Division, before March 20th. Seed will be furnished only to those who have been hailed out or have lost their entire crop through drought last year. Each applicant is advised to appear personally before the Council for his Division, or before the whole Council in session in the Masonic Hall, Youngstown, on March 21st, 1918.

Only those who have land in a thorough state of cultivation will be furnished with seed.

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